Medipex NHS Innovation Awards and Showcase 2015 – Mental Health Finalist

Lydia Burfield
Leeds Community Healthcare NHS Trust
Child & Adolescent Mental Health Service Training DVDs for Professionals:
The Voice & Experiences of Young People

Anxiety affects approximately 1 in 6 young people. It is important to help educate frontline educational professionals as to the realities of teenagers managing mental health issues and the impact this can have on their families, confidence and education. A series of training DVDs have been developed aimed at this audience on the topics of anxiety, self-harm, Solution Focused Therapy and Attention Deficit Hyperactivity Disorder. They consist of demonstrations of sessions run at CAMHS as well as young people talking about disorders such as anxiety.